



March

Standard First Aid Course	Mar. 5 & 6
Floor Hockey Captain's Meeting	Mar. 23
Facility Closure (LLC)	Mar. 25
Easter Camp	Mar. 28 - Apr. 1
National Lifeguard	Mar. 29 - Apr. 2
Jumpstart Basketball Begins	Apr. 2

Facility Closure

The Lakeside Leisure Centre will be **CLOSED** for **Good Friday** on **March 25, 2016.**

The CRA will be open for the Bandits game only.

CLOSED

REC NEWS

The Recreation Newsletter for Brooks and Area

Jumpstart Basketball



Jumpstart

Date: April - 2, 9, 16, 23, 30; May - 7

Time: 10:00 - 11:30am

Location: Uplands School

Ages: 8 - 12 years old

Cost: \$30.00/ per child

Bring your children out to learn and improve upon their basic basketball skills such as dribbling, passing, defence, shooting, layups and more.

Easter Camp

Our Easter Week Camp at the Lakeside Leisure Centre is back again this year by popular demand!



Date: March 28 - April 1

Cost: \$80/ per child

Ages: 5 - 12 years old



This is a camp that your children will be sure to remember! These five fun-filled days are a great way to meet new friends, learn new skills, and have fun doing it! Activities include a variety of sports, games, crafts, swimming, and more!

Call the Lakeside Leisure Centre at (403)362-3622 to register, or drop by in person to save your spot, as spaces are limited!

Pool Happenings:

National Lifeguard

The National Lifeguard Pool Certification develops the fundamental skills, knowledge and values in safety, supervision and rescue in a pool environment. It's recognized across Canada as the standard for lifeguard training. **Prerequisites: Bronze Cross, and current Standard First Aid, or 16 years old.**

Date: Mar. 29 - Apr. 2

Tues. - Sat.: 8:00am - 5:00pm

Cost: \$320.00

Wibit Wednesday

Join us in the pool every Wednesday from 6:00 - 8:00pm for some fun on this large inflatable floating obstacle course called the Wibit!



Floor Hockey



Date: April - (mid) June

Recreation League: Tuesday Evenings

Competitive League: Thursday Evenings

Cost: \$600.00/ per team

Registration Deadline and Captains Meeting: **March 23, 2016**
at **7:00pm** at the Lakeside Leisure Centre

Total Body Workout

Date: March 2 - April 25

Time: Mondays & Wednesdays; 9:00 - 10:00am

Location: CRA

Cost: \$70.00/ Full session, or FREE for those with memberships, or \$7.00 drop-in.

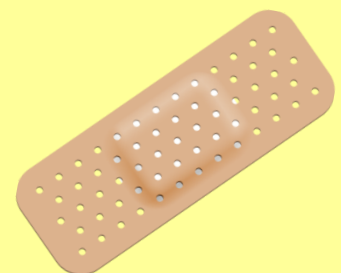
This class is a high-energy, total-body workout that focuses on every muscle group at an intensity that will simultaneously improve cardio strength and endurance. Be ready to break a sweat!

Standard First Aid

Date: March 5 - 6

Time: 8:00am - 5:00pm

Cost: \$140.00



Learn basic rescuer CPR skills for adults, children and infants. Develop skills to handle life threatening and sudden medical emergencies. **Prerequisite: 12 years old**